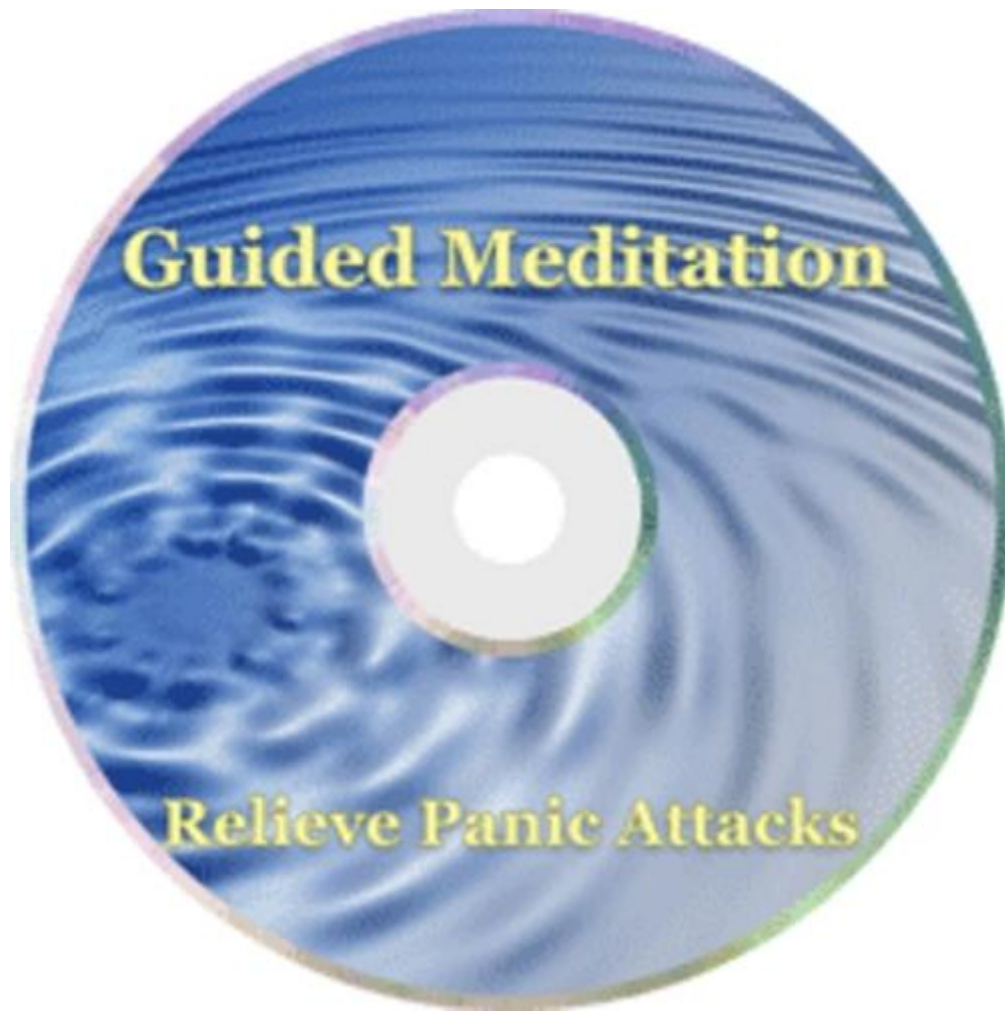


Guided Meditation - Relieve Panic Attacks



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For people suffering from panic attacks meditation has proved invaluable, so if you suffer with panic attacks meditation may well be the answer you have been praying for. If you have ever experienced a panic attack, you probably know what it is like to think you are going to die! The sheer dread you feel makes the attack worsen, and true physical symptoms develop: Heart palpitations, profuse sweating, hyperventilating, muscle cramping and spasms, vertigo, trembling, inability to think and a general feeling of irrational fear are all symptoms of panic, and it is a traumatic experience for even the strongest person. Using meditation as part of your daily life can enable you to take control over the terror before it escalates. Some people have panic attacks relating to particular situations, where others can have a more generalized anxiety that can hit them at anytime. With generalized anxiety, you would tend to worry about every small thing constantly until you work yourself up to a frightful state. An example may be the

stories on the news about mercury in fish. You could see the story and start to worry about the amount of fish you have eaten in your life, then when you see a magazine at the store with a similar article, you buy it. On reading the article, you worry some more and start to imagine you are showing signs of mercury poisoning. After a week or so of this thought playing on your mind, you go to a family member's house for dinner. To your absolute horror they serve the very fish featured in the news as being the highest in mercury, and you freak out! It may not be mercury for you, and this is just a made up example, but there are some common things people get anxious about. If you see a story about a recent plane crash and need to fly somewhere, you could panic, or maybe you notice there have been a lot of car accidents in the snow this year, so next time you drive, you panic. You see something, and your mind latches onto it and starts to mull it over, building it up into a much worse risk than it actually is. If you suffer from these kind of panic attacks meditation can help, enabling you to clear away issues, worries and tension on a daily basis so it doesn't build to the point of distress. It is important to take the time for reflection and contemplation over issues such as what really is the worst thing that can happen and what are your spiritual beliefs about dying and pre-ordained destinies. For anyone who has ever had an anxiety episode or a panic attack meditation is certainly worth consideration. You can work on reprogramming your mind as well as improve your positive thinking skills. To alleviate panic attacks meditation techniques are designed to teach you that you are able to handle any situation, even if you are feeling fear or alarm. You will learn to rationalize with yourself and take time to think things through so you don't react to your initial fright with an attack. With deliberation, your confidence will steadily improve as you start to recognize the signs and intervene with slow breathing and right thinking processes. People who experience panic attacks regularly in a single particular situation can benefit greatly from panic attack meditation and breathing techniques. You will probably be able to find a guided one specifically for dealing with your particular fear, such as flying or being in a crowd. Those people who suffer with agoraphobia are usually confined to their homes because they are terrified of actually having a panic attack: this is serious and progressive anxiety disorder, and although professional help should be sought immediately, meditation can certainly contribute to the treatment process. If you want to find inner peace, happiness and be rid of anxiety, stress and panic attacks meditation is well worth your research.

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